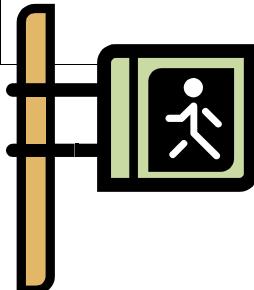


# Healthy Bites



## Information To Improve the Selection and Use Of Foods In Your Home



### Take a Family Walk

Volume XXI

Percentages for childhood obesity are frightening—having doubled (some cases tripled) in recent years. Also scary are the symptoms that are represented, Type 2 diabetes, raised cholesterol levels, high blood pressure and early signs of heart disease, in children as young as ten.

We already know that getting children to be physically active is a significant part of the solution; and walking is a natural activity, which doesn't require special clothing or equipment. Walking is an activity that can actually benefit all members of the family—so let's take a family walk!

#### Ready, Set GO!

- ➊ *Great for kids*—Walking as a physical activity during childhood teaches children a lifetime exercise that can help build bones, ward off future health evils such as high blood pressure and diabetes and help control weight.
- ➋ *Satisfy the activity gap*—Kids require an hour of physical activity daily and many schools do not provide enough recess time to meet this need. An evening family walk can make a difference in an inactive day.
- ➌ *Family time*—Make walks fun and a family affair—get everyone involved.



Prevention Magazine suggests the following advice for youth ages three to 18 years of age.

- **Preschoolers:** A new theme each day will boost interest, for example “the alphabet walk.” Search for something that begins with each letter—also games such as “I spy.”
- **Elementary and middle schoolers:** Kids can set walking goals and then log their daily activity.
- **Teens:** Encourage teens to be active daily; support fun fitness activities with friends.

Michigan’s Surgeon General, Kimberly Dawn Wisdom suggests the following website to help all of us reach our goals with activity: [www.michiganstepsup.org](http://www.michiganstepsup.org). So grab your walking shoes and head out the door with your family.

Source: <http://www.michigan.gov/surgeongeneral> and Prevention Magazine

#### \*\*WORD WISE\*\*

[www.michiganstepsup.org](http://www.michiganstepsup.org)

This is a website that is designed to help Michigan residents Move More, Eat Better and Stop Smoking. You can create a personal plan, record achievements daily, update weekly goals and more. A great tool for good health!!



Source: MSUE Macomb County

#### \*\*FRUITY PARFAIT\*\*

##### Ingredients

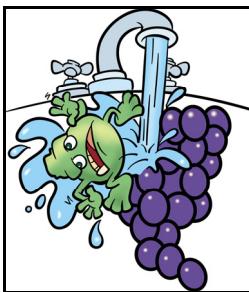
2 cups canned or fresh pineapple  
1 cup frozen berries  
1 cup low fat vanilla yogurt  
1 firm medium banana peeled and sliced  
1/4 cup crushed cereal (like corn flakes)  
or crushed nuts



##### Directions

In sundae glass or 6 oz glass, layer the pineapple, berries, yogurt and banana. Sprinkle with crushed cereal or nuts. Makes 4 servings. Nutrition information per serving: 224 calories, 6 grams of fat, 6 grams of fiber.

Source: 5aday



# Five-A-Day Tips Washing Fruits and Vegetables

We know that eating a variety of fruits and vegetables is an excellent way to get essential vitamins and minerals, fiber and other substances that are important for good health. But what are the best ways to handle fresh fruits and vegetables before eating them?

## Things to Remember When Preparing Fruits and Vegetables

1. Wash fruits and vegetable only before eating. If you wash the item before storage, it will spoil more quickly.
2. The best way to wash the fruit or vegetable thoroughly is by gently rubbing the produce item under clean running tap water.
3. If the fruit or vegetable is firm enough (like potatoes and squashes) and the skin will be eaten, then a scrub brush should be used to clean the surface.
4. All fruits and vegetables should be washed even when the skin and rind are not eaten, such as oranges and melons.
5. Take off the outer leaves of leafy vegetables such as lettuce and cabbage before washing. Rinse leaves individually under running tap water and place in a salad spinner to dry.
6. Cut out any bruised areas of the produce because bacteria may grow and cause illness if consumed.
7. Keep raw meats separate from fresh fruits and vegetables. Use different cutting boards, knives and utensils when preparing meals.
8. Always wash cutting boards, knives, utensils and your hands after handling raw meats and before handling fresh fruits and vegetables.

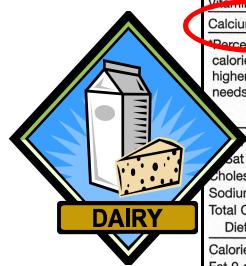


Be sure to keep your refrigerator clean and cold. Wrap or cover any fruits or vegetables that you have cut and store them above raw meats.

Source: About Produce from Produce for Better Health (<http://www.aboutproduce.com/faq/clean.html>)\*

## \*\*CHECK THE LABEL\*\*

Save the nutrition labels from different foods and drinks you consume. Look at each label to see how much calcium each food has. Try to figure out what else you could eat or drink to get more calcium.



Source: USDA

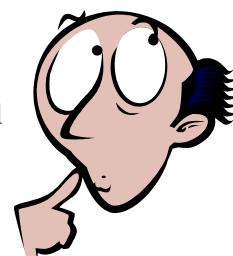
### Nutrition Facts

Serving Size 1 cup (228g)	Servings Per Container 2
<b>Amount Per Serving</b>	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4% • Vitamin C 2%	
Calcium 15%	Iron 4%
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4	

## \*\*NUTRITION POTPOURRI \*\*

### Tune in to mindful eating

This is about being conscious of why you are eating. Are you hungry? Are you tired? Are you bored? It's about learning HOW and WHY you eat, and less about WHAT you can eat. When you are so closely in-touch with what is going on inside, you know the moment you are satisfied rather than stuffed or starving.



### Fit in good fats

Good fats are the naturally-occurring, traditional fats that haven't been damaged by high heat, refining, processing or other man-made tampering such as "partial hydrogenation." The best of these kinds of fats are found in fish, nuts, avocados, olives and olive oil.

Source: MSUE Macomb County

# Handling A “Choosy” Eater

What would you do?

- Sara-Mei won't eat anything green—she even refuses a whole meal if one green pea appears on her plate.
- Santiago is interested in everything at the table BUT eating.
- Dillon gets upset when one food on his plate touches another.
- Mariffa won't eat anything but an orange or a banana; two days ago she'd only eat peanut butter sandwiches.



## “Choosy” eating is a child-size step toward growing up and showing independence.

In fact, what seems like a challenge to you may be an early step toward making food choices. A child's “No” doesn't always mean no. What seems “choosy” may just be your child's awkward first steps in learning to make decisions.



## What appears to be “choosy” eating may instead be a smaller appetite.

Preschool-age children grow and develop at a slower rate than toddlers do. If left alone, most children become hearty eaters again when their body's growth pattern requires more food for energy.

## The best advice for you; relax and be patient!

Learn how to handle eating challenges and how to avoid conflict. That way, your child won't learn to use food as a way to exert control.

Source: Nibbles for Health Newsletter, USDA

## TEN EFFECTIVE WAYS TO HANDLE A “CHOOSY” EATER

1. Treat food jags casually since food jags don't last long anyway.
2. Consider what a child eats over several days not just at each meal. Most kids eat more food variety than a parent thinks.
3. Trust your child's appetite rather than forcing a child to eat everything on the plate.
4. Set reasonable time limits for the start and end of a meal then remove the plate quietly. What's reasonable depends on each child.
5. Stay positive and avoid criticizing or calling any child a “picky eater.” Children believe what you say!
6. Serve food plain and respect the “no foods touching” rule if that's important to your child. This will pass.
7. Avoid being a short-order cook by offering the same food for the whole family. Plan at least one food everyone will eat.
8. Substitute a similar food if a child doesn't like a certain food, maybe sweet potatoes, instead offer squash.
9. Provide just two or three choices not a huge array of food. Then let your child decide.
10. Focus on your child's positive eating behavior not on the food.

Check our Web site:

[macombcountymi.gov/msuextension](http://macombcountymi.gov/msuextension)

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues



Copy cats permitted!



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For more information or questions regarding food and nutrition, contact us!

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